



# STRAINS, SPRAINS, AND JOINT PAIN

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

**SUMMARY:** Minor injuries respond well to early self-care.

**What does the acronym R-I-C-E stand for?**

Rest – Ice – Compression – Elevation

**How long and how often should I apply ice to an injured area?**

- 20mins (do not put directly on skin!)
- Repeat every 2 to 3 hours for the first day or two

**Can I use heat?**

DO NOT use heat on an injury unless directed by a medical provider

**Above what body part should I elevate my injury?**

Above the level of your heart

**Get medical help right away IF:**

- The joint very badly bruised
- The joint hot, red and swollen
- The muscle is very hard or tender

**Go to sick call IF:**

- You have a fever
- You hurt this joint in the past few days
- If the pain is in your calf muscle and hurts at rest
- The muscle was hit by something recently, like a baseball
- The swelling has gotten worse over the last day
- The pain has gotten worse over the past day
- You have had muscle pain for more than 5 days
- You have had joint pain for more than 2wks